

A DYNAMIC, EVIDENCE-BASED PROGRAM FOR CAREGIVERS

**Are you a
CAREGIVER,
or do you know
someone who is?**

Powerful Tools **FOR** Caregivers

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

This six-week series of 90-minute classes offers caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

**If you or someone you know is a caregiver,
we encourage you to register today!**

Our goal is to improve the lives of caregivers (and, ultimately, their care recipients) through outreach, conversation, training and resources.

If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

2019 SPRING PROGRAM SCHEDULE

March 19 – April 23 • 6:00 to 7:30 pm

(SIX CONSECUTIVE TUESDAYS)

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

March 28 – May 2 • 6:00 to 7:30 pm

(SIX CONSECUTIVE THURSDAYS)

Office on Aging and Independence

9830 Patuxent Woods Drive, Columbia 21046

May 1 – June 5 • 6:00 to 7:30 pm

(SIX CONSECUTIVE WEDNESDAYS)

Office on Aging and Independence

9830 Patuxent Woods Drive, Columbia 21046

\$30 Fee Covers All Materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov